



Boundary Umpires Round 1

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)

+

([Back Hard 10m To Stride 30m](#)) x4 w 30" b/w

+

2x 600m (400m jog recovery)

2x 400m (200m jog recovery)

2x 200m (150m jog recovery)

All at 80% intensity and 1x Throw-In after each rep

+

[Shadow Drill](#) 2 x 5'

+

[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)

+

[Tight Arc To Stride](#) x1 e/s w 30" b/w

+

[Backward Arc To Stride](#) x1 e/s w 30" b/w

+

5sets of

100m (Stride 60m, sprint 40m) w 100m jog back to start then into...

150m (accelerate each 30m from 60%, 70%, 80%, 90% and 30m backward trigger)

- 1x *Throw-In after 150m rep then jog back to start for next set*

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[Race The Throw](#)

+

[Body Armour C2](#)





T3 or GAME

Pre-Session [Mobility](#) + 2km Ramp Warmup + [Warmup Drills](#)

+

6x 100m building strides w throw-in after each

+

[1/2 Mona Fartlek \(Original Recipe\)](#)

